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HALIFAX metro®



That hallowed Sunday is upon us



Seahawks vs. Broncos **PAGE 20**
And if you like that, put a ring (or two) on it **PAGE 18**

Trudeau bids adieu, challenges foe

Liberal leader sets senators 'free' of party affiliation; Will Harper follow suit? **PAGE 9**

Hell hasn't frozen over, but ...

The southern U.S. has, causing chaos for stranded drivers and frolics for fun-seekers **PAGE 10**

CUDDING IT CLOSE

THEY MAY PLAY FOR HALIGONIANS IN THEIR OWN BACKYARDS BUT CATCH BLUE RODEO THIS WEEK IN BETTER ACOUSTICS **PAGE 14**

Let's fight! UFC comes to Halifax

T.J. Grant. Cole Harbour fighter still recovering from concussion but says he's gunning to put on a home-town show



ANDREW RANKIN
andrew.rankin@metronews.ca

It's hard to imagine anyone happier than mixed martial artist T.J. Grant about news that the UFC is on its way to Halifax this fall.

"It's just amazing," said Grant after hearing the announcement Wednesday.

Halifax is where the 29-year-old from Cole Harbour had his first major fight.

He's since ascended the Ultimate Fighting Championship ranks at a mind-boggling pace, standing now

as its undisputed lightweight contender.

All the while, he's lived and trained in Cole Harbour.

"There's a long tradition of fighting coming out of Halifax, a lot of boxing history," he said. "But live shows have really dropped off there in the past decade. While there are a lot of athletes actively doing it, and at a high level, there aren't that many opportunities for guys to fight there. This can only help in that way."

Grant was in Quebec City where Tom Wright, director of operations for UFC Canada, announced an unprecedented five-stop UFC Canadian tour this year, which will also include Quebec City, Mont-

Quoted

"I definitely would love to be there."

Cole Harbour mixed martial artist T.J. Grant

real, Vancouver and Toronto.

The five shows are up from three in recent years, when Toronto and Montreal were constants on the schedule, with another city rotating in.

"On a per-capita basis, no nation in the world consumes MMA like we do," Wright said at the event. "The fact we've been able to go from three events to five events is a reflection of that."

Called "Fight Night," the televised Halifax event will be held at the Metro Centre — and Grant is hoping to be on the card.

He was poised for a title match in August, but a concussion he suffered while training forced him to miss his big break.

He's still recovering, but hoping to be ready for a hometown return.

"If I am (healthy), there's no reason to believe I wouldn't be part of the card," he said.



THROUGH THICK AND GRIM

A cyclist braves the road conditions on Barrington Street during Wednesday's storm, which brought 10-15 centimetres of snow to HRM, causing dozens of accidents and traffic delays, and prompting the Halifax school board to cancel buses. **JEFF HARPER/METRO**

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2013 IIHS TOP SAFETY PICK

Forte SX shown¹

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5.3L/7.5L

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Rio4 SX with Navigation shown¹

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Council looks to boost access to school gyms

Community. City staff say work is underway on new agreement with school board

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halifax@metronews.ca

Halifax councillors are asking city staff to look into enhancing community access to school gyms throughout the municipality.

"We're not asking for the

moon here," said Coun. Barry Dalrymple during budget deliberations Wednesday.

"Most other municipalities in this province get access to their school gyms at no cost.

"We're not even asking for free," he added. "We're just asking for access."

City staff was sympathetic to the councillor's request.

The problem, said Brad Anguish, the city's director of community and recreation services, is certain school-board policies, including union requirements.

"Those are the barriers we

are trying to break through," said Anguish.

Halifax is currently able to access school gyms in two ways.

The first is through a partnership with the school board for targeted, after-hours programming.

The second, which is more in line with council's request, is a service exchange agreement, where community groups and individuals are able to rent the space for sports, meetings and other functions.

HRM currently has several

The wait for weights

"I just want to find a way to get more gym time."

Barry Dalrymple, councillor for District 1

such arrangements, which guarantee communities a certain number of hours of access to school gym space.

Anguish said the municipality is in the midst of negotiating a revised service-exchange deal with the Halifax Regional School Board that

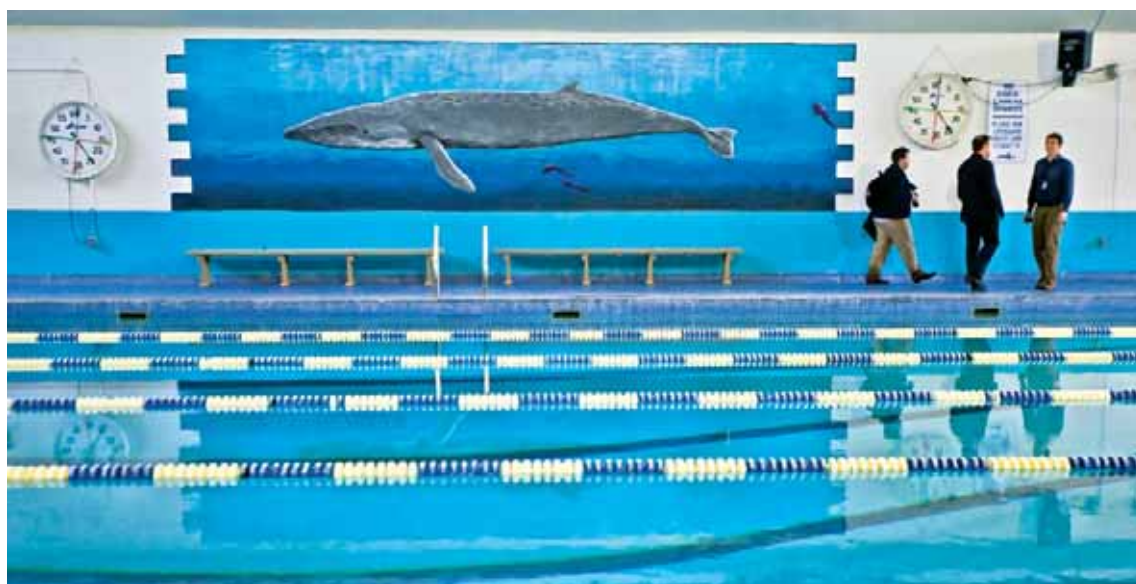
would provide better access.

Dalrymple asked staff to compile a list of schools that do and do not allow community access to gyms.

"There's definitely a political element here," said downtown Halifax Coun. Wayne Mason.

He added that if HRM was to keep asking the provincial government for money to build recreational centres to mirror existing facilities, things may be different.

"We need to cut the red tape and get those gyms and facilities open," said Mason.



Flashier, splashier pool shown off

Members of the media get a tour of Centennial Pool after it reopened on Wednesday. The 46-year-old facility received more than \$1 million in renovations which are expected to extend the building's life for another 20 years. The project updated the heating system, overhauled the mechanical infrastructure of the swimming pool and modernized the change rooms. For more pictures of the renovations visit metronews.ca.

JEFF HARPER/METRO

Library. Budget comes step closer to approval

The 2014-15 budget for Halifax Public Libraries is one step closer to approval following a presentation at city hall on Wednesday.

If approved, the budget of \$16.25 million will allow the library to overhaul its website, improve universal access to its facilities and provide additional operating hours for outlying branches in Sheet Harbour, Musquodoboit and Hubbards.

According to a presentation by interim CEO Paula Saulnier, the library will find savings by reducing the purchase of new materials, not filling vacancies as quickly and making it more

Whole lotta readin' goin' on

4.9M

Number of items borrowed from Halifax libraries in 2013-14, up three per cent from 2012-13.

difficult to upgrade or replace furniture and other equipment.

The library has 14 branches across the region with 1.1 million items available to borrow.

Since 2011-12, its budget has fallen seven per cent, from \$17.5 million.

GEORDON OMAND/FOR METRO

HRM talks brothels after court decision

Since the Supreme Court of Canada's decision last month to strike down the country's anti-prostitution laws, Halifax city staff have been in talks about what the ruling could mean for the city.

"The Supreme Court has now ruled that brothels will be legal," said downtown Dartmouth Councillor Gloria McCluskey during regional council's Committee of the Whole meeting on Wednesday.

"Are we looking at zoning

Hot topic

"That issue has a pulse with staff."

Brad Anguish

for when that comes here?"

Brad Anguish, director of community and recreation services, did not elaborate on discussions but confirmed that city staff had discussed the topic.

"That issue has a pulse with staff," he said. "All I'll say is that preliminary discussions have been had."

In a landmark unanimous decision, Canada's highest court ruled on Dec. 20 that the country's anti-prostitution laws infringed on the constitution's guarantee to life, liberty and security of person.

The 9-0 ruling — which came more than two decades after the court last upheld the same prostitution-related prohibitions — gave Ottawa one year to produce new, constitutionally-sound legislation. **GEORDON OMAND/FOR METRO**

1 NEWS

Buses cancelled, schools stay open during Halifax snowfall

Snow day. School board says decision based on safety concerns, students who stayed home will not be penalized

GEORDON
OMAND

Metro in Halifax

Schools got the “yea” while buses got the “nay” as snow blanketed Halifax on Wednesday.

In light of the wintry weather, Halifax Regional School Board opted to cancel school bus service but keep schools open.

“We haven’t had a situation in the last few years where we’ve cancelled buses and left schools open,” said school board spokesman Doug Hadley.

Stock Transportation provides school bus service in the region, said Hadley, but the school board ultimately makes the call on whether buses are

cancelled.

“(Stock) was quite concerned about what the conditions would be like for school buses travelling on the roads between 2 and 4 o’clock (Wednesday) afternoon,” said Hadley.

Environment Canada issued a snowfall warning shortly after midday on Wednesday, calling for 15 centimetres of snow along the coast.

“It’s unfortunate,” said Hadley. “Nova Scotia winters play havoc on the school system.”

As for feedback from parents on the decision, Hadley described it as “par for the course.”

“Why would you cancel the buses ... but keep schools open?#stupid #Hrsb,” wrote Becca Cormier on Twitter.

“#frighthis #hrs,” tweeted Josh Comeau.

“We rarely please everyone,” said Hadley.

But he stressed that school and bus cancellation policy gives parents the choice to keep their children home, without academic penalty.

By the numbers

2013/14

- Full school closures: 2
- Partial school closures: 2

2012/13

- Full school closures: 4
- Partial school closures: 2

2011/12

- Full school closures: 0
- Partial school closures: 1

“They always have that right,” he said. “We can’t possibly know what the conditions are on every street and in every community.”

So far this winter, there have been two full and two partial school closures, compared to the year before, which saw four full and two partial closures.



Pedestrians trudge through the snow on Barrington Street during a winter storm on Wednesday. JEFF HARPER/METRO

Mountie rescues trio of abandoned puppies

The future’s looking a lot better for a trio of abandoned puppies found shivering on a rural road by a concerned HRM RCMP officer.

“We’re not going to have any problems finding homes for them,” said Litters n’ Critters Animal Rescue president Shelley Cunningham Wednesday.

The officer was on patrol on Lake Eagle Drive in East Preston just before 11 p.m. Tuesday when he spotted the three dirty, skinny puppies huddling together to stay warm.

Although they scattered when the officer approached, he was able to coax them into his car with some friendly words and patience.

They spent the evening at the Cole Harbor RCMP detachment before being taken to HRM’s Integrated Emergency Service Centre for a night of pampering by dispatchers with food and toys.

“It’s a really neat feeling to be able to help animals,” said Cunningham, who picked up the dogs Wednesday morning. “The first thing I thought was, ‘Oh my god, they’re cute.’”

Cunningham has given



Rescued puppies Siren, left, Radar and Cuffs, who were found abandoned and shivering in East Preston by an RCMP officer on patrol. CONTRIBUTED

the little dogs suitably police-themed names: Siren, Radar and Cuffs.

She said the male, Radar, had frostbitten toes, while one of the females had a broken tail, and the other a heart murmur.

“You look at them and think to yourself, ‘My god, they could have just froze,’” Cunningham said.

All three pups have severe canine lice, so Cunningham said they have to be quaran-

tined in a Pugwash kennel for about six weeks before they can be adopted.

Cunning said she “can’t keep up” with the requests from people wanting to give the puppies a good home — which she said shows that there’s always an alternative to abandoning an animal.

“There are so many rescues and shelters and people looking for dogs. That’s what we’re here for,” Cunningham said. **HALEY RYAN/METRO**

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- Use the above email for donations to help with the puppies’ care.
- Put “Preston Pups” in the subject line.

Criminal past. New rules make it harder to hide

Revised legislation will take effect in Nova Scotia this week that will ensure someone with a criminal past can’t obscure it with a legal name change.

A release from the province states there’s currently no mandatory connection between changing a name and a criminal record, making it hard for law enforcement to identify people who change their name.

As of Thursday, the amended Change of Name Act will require an individual to submit fingerprints to change their name, ensuring their criminal

record remains attached to the new name.

Truro Police Chief David MacNeil, president of the Nova Scotia Association of Chiefs of Police, calls the legislation a “welcome step.”

“It provides another tool to help police stay informed and keep Nova Scotia’s neighbourhoods safe,” he states in the release.

The legislation does not apply to people changing their name because of marriage. Children younger than 12 will not be fingerprinted. **METRO**

East Preston

RCMP warn about bogus alarm co. rep

RCMP are warning East Preston residents about a man who recently posed as a representative of an alarm company in an apparent attempt to gain access to private homes.

A homeowner on Highway 7 in East Preston contacted police Tuesday evening saying a suspicious

man told her he was with Protectron Security and wanted to enter her home to check her security system.

The woman called the security company, who said they didn’t have anyone in the area.

A neighbour told the woman the man had tried the same scam with her.

RCMP are asking anyone in the area who encounters similar suspicious activity to contact local police or Crime Stoppers. **METRO**

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From Russia, with many slapshots

Sochi. Halifax bars to open early for men's Olympic hockey

At least two Halifax bars will be opening their doors bright and early for hockey fans who want to catch men's Olympic hockey action as it happens in Sochi.

Both Dirty Nelly's and Bubba Ray's Sports Bar have been approved to open early when the Canadian men's team plays.

The change in hours required special approval from the province, because the difference in time zones means many of the games will be played before 9 a.m.

"We're not looking to get people drunk at six in the mor-

ning or anything like that," said Michael Carey, general manager of Dirty Nelly's.

"It's just to be able to have the option if our guests are interested, and if we can bring people down for it."

Although Carey said it's unlikely the Irish bar will set any business records on those game days, they're expecting a "good crowd" and will set up a

120-inch projector screen to draw people in. "We have a very loyal following, and we just like to be open so our regulars can go to their favourite pub to watch all the games they'd like to," Carey said.

John MacDonald, executive director of Nova Scotia's Alcohol and Gaming Division, said he expects four or five more HRM bars might apply to open

earlier for the games.

While the Canadian men's hockey trials are an important national event, MacDonald said they wouldn't accept just any reason for a bar to open earlier.

"It's not just a 'throw the doors wide open and approve everything,'" MacDonald said. The men's Olympic hockey tournament runs Feb. 12 until Feb. 23. **HALEY RYAN/METRO**



The HFX Sports Bar.
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Alcohol regulation

Brew pubs allowed to sell beer for home consumption from bar

People in Nova Scotia can now buy beer made in-house at brew pubs to take home.

Under changes to the province's Liquor Licensing Regulations, customers can buy beer from the pubs to take home instead of having to purchase it from an adjacent but separate storefront.

"These businesses can now serve their custom-

ers and avoid some of the extra red tape that has been burdensome for them," states Service Nova Scotia and Municipal Relations Minister Mark Furey in a release. "At the same time, the change does not increase access to liquor beyond liquor store hours."

A spokeswoman for the provincial government says brew pubs can sell beer for off-site consumption from when they open until 10 p.m.

Beer is allowed to be sold in sealed 1.8- to two-litre bottles, known as growlers.

THE CANADIAN PRESS

Killings. Couple accused of Ontario murders remanded in Halifax

A woman and her common-law husband charged with killing her ex-husband and his mother in a Toronto-area home will remain in a Halifax jail until they are returned to Ontario.

Crown lawyer Ron Lacey said Wednesday the two accused were placed on a six-day remand at the Central Nova Scotia Correctional Facility to allow Peel Regional Police enough time to arrange for transportation.

Peel Regional Police later tweeted that the couple, who appeared Wednesday in Halifax provincial court, will return to Ontario late Friday for a bail hearing scheduled for Saturday in the Ontario Court of Justice.

Melissa Merritt, 33, and 36-year-old Christopher Fattore face first-degree murder charges.

Caleb Harrison, 41, was found dead last August in a home in Mississauga, Ont. — the same home where his mother Bridget Harrison died in 2010.

The 63-year-old woman's death was first classified



Christopher Fattore
ANDREW VAUGHAN/THE CANADIAN PRESS

as suspicious, but when officers started investigating her son's death, they concluded both had been asphyxiated.

Police say they have also reopened the investigation into the 2009 death of Caleb Harrison's father, William Harrison, who died in the same home.

Merritt and Fattore were arrested Tuesday near Bridgewater, where they moved shortly after Caleb Harrison's death.

THE CANADIAN PRESS

Bieber turns himself in to police in connection with assault charge

Another run-in with the law. Singer is back in the spotlight, but not for his music

Justin Bieber has been charged in Toronto with assault after police allege he hit a limousine driver several times in the back of the head.

Bieber was charged with one count of assault and is scheduled to appear in court in Toronto on March 10.

Police allege Bieber was one of six people who were picked up by a limousine from a nightclub in the early morning hours of Dec. 30, and there was an altercation while en route to a hotel.

Police officers escorted pop star Justin Bieber through a frenzied throng of media and fans to a Toronto police station Wednesday night where the pop star surrendered in connection with an alleged assault.

Hundreds of fans, spectators and photographers braved the biting cold to greet the 19-year-old singer, who emerged from a black SUV Wednesday night. Fans screamed "Justin," as he was led to the side entrance of Toronto Police Service's 52 Division headquarters.

Bieber's surrender is connected to an alleged assault on a limousine driver who was driving the pop star and

Bad-boy phase

"Not exactly street-cred bad boy. There is kind of a juvenile quality to the whole thing."

Bob Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University

his entourage in Toronto in December.

A police spokesperson last month said it was unclear whether the teen heartthrob himself was involved in the alleged attack on Dec. 29, or simply one of his companions. Toronto police have not commented on Bieber's Wednesday night surrender.

"He's done some bad stuff, but I forgive him," said Boubacar Diallo, 12, who waited outside the police station to see the singer. "He just needs to think before he acts."

Others showed up for the possibility of a show.

"He should be charged, he's a wreck," said Peter Esper, 18. "He deserves to be punished. He's a bad name for the country."

Bieber's manager, Scooter Braun, tweeted Wednesday evening asking people to "stop passing judgment."

"Clearly he's in a bad-boy phase," said Bob Thompson, the director of the Bleier Center for Television and Popular Culture at Syracuse University.



Canadian musician Justin Bieber is swarmed by media and police officers as he turns himself in to city police in Toronto on Wednesday night.

NATHAN DENETTE/THE CANADIAN PRESS

Thompson said the Stratford-born singer's recent run-ins with the law, including his arrest in Miami Beach last week and a raid on his California home, reflect Bieber's changing image.

Bieber pled not guilty in Florida after Miami police

charged him with driving under the influence, resisting arrest and carrying an expired licence. That incident sparked a petition on the White House website calling on the U.S. government to deport Bieber. More than 138,000 people have signed it.

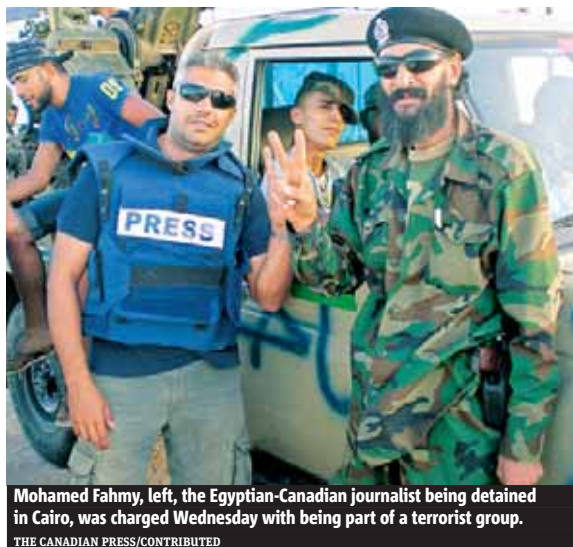
"He is not only threatening the safety of our people, but he is also a terrible influence on our nation's youth," the petition states.

Because the petition has garnered more than 100,000 signatures, the White House must write an official reply.

At this point, Thompson said, it's anyone's guess where Bieber will go from here — whether this is a prelude to more mayhem or the troubled singer will turn a corner and clean up his act.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Canadian journalist in Cairo faces trial for terrorism



Mohamed Fahmy, left, the Egyptian-Canadian journalist being detained in Cairo, was charged Wednesday with being part of a terrorist group.

THE CANADIAN PRESS/CONTRIBUTED

The family of an Egyptian-Canadian journalist imprisoned in Cairo issued an urgent appeal for Ottawa's help Wednesday, as they learned the man had abruptly been charged with being a member of a terrorist group.

Mohamed Fahmy was among 20 employees of satellite news broadcaster Al Jazeera who were charged with several offences in what's believed to be the first time Egypt has referred journalists to trial for terrorism.

Fahmy was charged with using illegal equipment, broadcasting false news that endangered national security and being a member of the Muslim Brotherhood, a group Egypt's military-led government has branded a terrorist organization, his family said.

"It's become a very desperate situation," Fahmy's brother Adel told The Canadian Press.

"We are very proud Canadian citizens. We became Canadian citizens because we know that Canada is the most decent country and always protects its people. We need the Canadian government to save my brother."

Mohamed Fahmy and his two colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were taken into custody on Dec. 29 at a hotel room in Cairo where they were working after authorities raided the offices of Al Jazeera English.

Egyptian authorities characterized the arrest as part of a crackdown on the Muslim Brotherhood, and depicted Al Jazeera as being biased

towards former Islamist president Mohammed Morsi — who was ousted by the military in July — and his Muslim Brotherhood-led supporters.

Al Jazeera, which no longer has journalists reporting in Egypt, has denied any bias and decried the latest developments.

"The world knows these allegations against our journalists are absurd, baseless and false," a spokesman said. "This is a challenge to free speech, to the right of journalists to report on all aspects of events, and to the right of people to know what is going on."

A statement from Egypt's prosecutor said the journalists accused Wednesday — eight of whom are said to be in custody — had established a media network that used two suites

Canadian response

Canadian officials have said they are providing consular services to Fahmy and his family and have raised this case with senior Egyptian officials.

in a luxury hotel in Cairo as a media centre, supported with cameras, broadcasting equipment and computers.

The statement said they allegedly "manipulated pictures" to create "unreal scenes to give the impression to the outside world that there is a civil war that threatens to bring down the state" and broadcast scenes to aid "the terrorist group in achieving its goals."

THE CANADIAN PRESS

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A protester puts homemade steel plates on his chest as he prepares to leave the Agriculture Ministry in Kyiv, Ukraine, Wednesday. One group of protesters clashed with another Wednesday in a bid to free a government building in the centre of Kyiv, which they had seized. At least two protesters were injured. The Svoboda party, which represents more moderate protesters, tried to force members of the more militant Spilna Sprava group to vacate the Agriculture Ministry building as part of a compromise with the government. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine thinks about amnesty with conditions

Holdings. Protesters have established a large tent camp in the main square of Kyiv, called the Maidan

Ukraine's parliament discussed an amnesty Wednesday for those arrested during weeks of protests in the crisis-torn country — but some of the possible conditions attached to it would be unacceptable to the opposition.

Quoted

"They have set a number of conditions, and the key condition under the draft bill is to let the Maidan go and only afterwards all protesters will get an amnesty.... This is unacceptable for us."

Opposition leader Arseniy Yatsenyuk

The amnesty bill is part of a series of concessions from embattled President Viktor Yanukovich, after a week of street clashes between police and protesters and protesters' seizure of government buildings in western Ukraine. The prime minister has resigned and harsh anti-protest laws have been recalled but those moves did not address the protesters' other key demands that Yanukovich resign and early elections be held.

Two amnesty proposals were up for a parliamentary vote Wednesday, one of which says amnesty would be granted only if demonstrators leave their massive street protests and vacate buildings they now occupy. Parliament was also discussing a political reform, sought by the opposition, which would strengthen the government at the expense of the presidency.

Opposition leader Arseniy Yatsenyuk said the protesters will not agree to leave the streets in exchange for an amnesty and wanted the condition dropped.

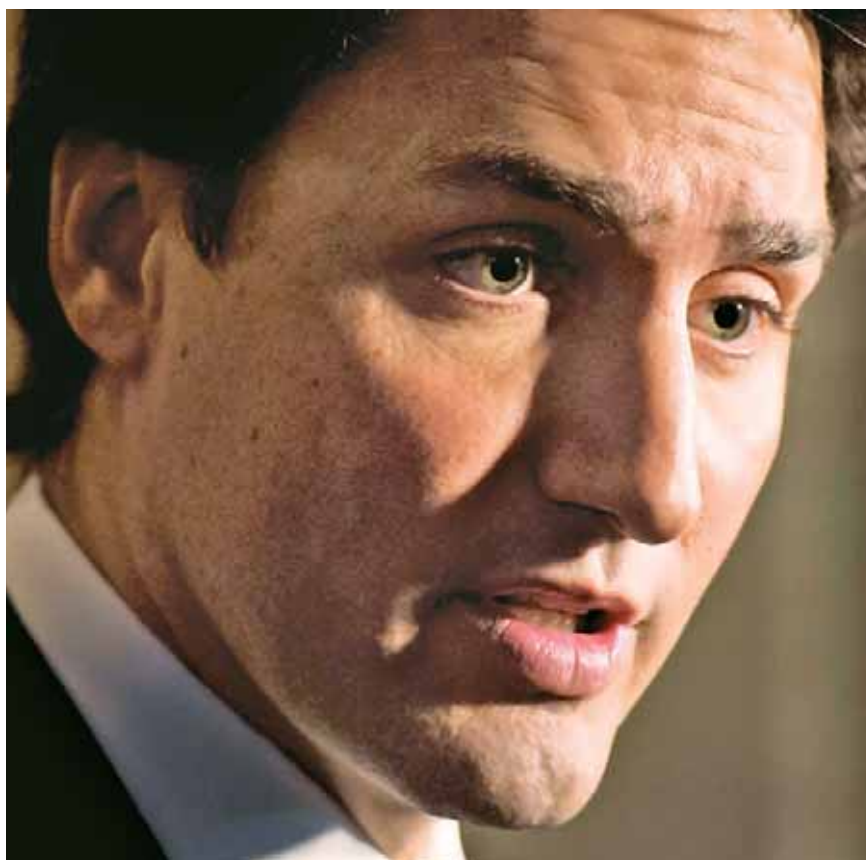
THE ASSOCIATED PRESS

At home

Calling on Canada

Ukrainian Canadians and opposition MPs are calling on the Harper Conservatives to impose sanctions on Ukraine's government in response to the ongoing crack-down on protests in that country. On Tuesday, Foreign Affairs Minister John Baird announced that senior Ukrainian officials would be barred from entering Canada. The move was in response to violent clashes between protesters and police in Ukraine. A few dozen people held a demonstration today in Ottawa in solidarity with the Ukrainian protests. They called on the Harper government to go further than symbolic measures, and impose economic sanctions against Ukraine's political class.

THE ASSOCIATED PRESS



Liberal Leader Justin Trudeau speaks about the Senate and Liberal senators during an announcement in the foyer of the House of Commons Wednesday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Suddenly 'set free' Liberal senators test their freedom

If it walks like a duck... Former Liberal legislators say they will style themselves as the Liberal Senate caucus

Justin Trudeau handed out pink slips to Liberal senators Wednesday, kicking them out of the party's caucus.

The surprise move — announced moments after Trudeau personally informed all 32 of them that they are now “formerly Liberal senators” — is aimed at reducing par-

tisanship and restoring the Senate's intended role as an independent chamber of sober second thought.

“There are no more Liberal senators,” Trudeau told a news conference on Parliament Hill immediately after leaving the senators to mull over the implications of his decision.

After the initial shock wore off, the senators emerged from a meeting declaring that they'd been “set free” and praising Trudeau for his bold move. They immediately used their new freedom to contradict Tru-

deau's assertion that they can no longer designate themselves as “Liberal” senators. And they went further off script by suggesting the move actually won't change much in the upper house.

The confusion allowed Stephen Harper to slough off Trudeau's challenge to follow the Liberal lead and similarly cut loose the 57 Conservative senators. “I gather the change announced by the leader today is that unelected Liberal senators will become unelected senators who happen to be Liberal,” Harper scoffed.

NDP Leader Tom Mulcair noted that Trudeau voted against an NDP motion last October which called on both the Liberals and Conservatives to cut their senators loose.

THE CANADIAN PRESS

Still Liberals

“We have agreed that we will style ourselves as the Liberal Senate caucus.”

James Cowan, leader of the official Opposition in the Senate, pointing out that senators will remain Liberal party members and continue to be friends with elected Liberal MPs.



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Ford sued over alleged link to prison assault

Statement of claim.

Ex-boyfriend of Ford's sister says he was beaten in jail to keep him silent about Toronto mayor's 'unsavoury activities'

Toronto Mayor Rob Ford is being sued by his sister's ex-boyfriend, who alleges Ford conspired to have him attacked in jail to prevent his illicit behaviours from becoming public.

Scott MacIntyre alleges in the statement of claim filed Wednesday that the mayor arranged for jail staff to facilitate the beating. Video surveillance in the area had been "inexplicably disabled" before the attack and the guards stationed to watch the area didn't come to his aid, MacIntyre alleges.

MacIntyre went to jail in 2012 after being charged with threatening the mayor, for saying he would expose his "unsavoury activities," MacIntyre



Toronto Mayor Rob Ford ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

says in his statement of claim.

It was there in March 2012 that he was brutally beaten, more than a year before reports on the existence of a video appearing to show the mayor smoking crack cocaine.

"Ford's drug and alcohol abuse, and his association with criminals to facilitate his drug abuse ... are long-standing," MacIntyre writes in his statement of claim. "Ford was anxious that these matters should remain undiscovered."

The allegations are "without fact or foundation," Ford's lawyer Dennis Morris said.

MacIntyre alleges Ford conspired with Payman Aboodowleh, who coached high school football with Ford, to have one of their former players, who was also in jail at the time, attack him.

The former player, Aedan Petros, was among various inmates who told MacIntyre to "keep his mouth shut," once he was sent to jail, MacIntyre alleges.

The suit also names Ontario's Ministry of Correctional Services, which is responsible for the province's jails, Aboodowleh and Petros.

MacIntyre is seeking \$1 million in damages from all of the defendants, plus \$100,000 from each of them for aggravated, punitive and penal damages. He is also seeking another \$100,000 from the ministry, who he alleges breached his charter right to life, liberty and security of the person.

THE CANADIAN PRESS

U.S. South snarled by seldom-seen snowstorm



1 Gimme shelter. Finding refuge down on the pharmacy

People take shelter at a pharmacy in Atlanta Wednesday as a rare snowstorm left thousands in the U.S. South frozen in their tracks. Workers slept in offices, students camped in schools and drivers abandoned cars. JAIME SARRIO/ATLANTA JOURNAL-CONSTITUTION/THE ASSOCIATED PRESS

2 Highway star. Stranded drivers get roadside assistance

Kevin Moore hands out snacks and water to a stranded motorist on Interstate 285 Wednesday in Dunwoody, Ga. Georgia Gov. Nathan Deal said Wednesday that the National Guard was sending military vehicles onto Atlanta's freeway system to move stranded school buses and get food and water to people. BRANDEN CAMP/THE ASSOCIATED PRESS

3 Going nowhere. Trucks trapped on tricky trails

Traffic is at a standstill on Interstate 65 as officials work to clear abandoned vehicles Wednesday in Hoover, Ala. The snowstorm deposited mere inches of snow, but the South saw 1,000 fender-benders, with at least six people dying in accidents. HAL YEAGER/THE ASSOCIATED PRESS

4 All downhill. The weather isn't toboggan them down

Marines assigned to Camp Lejeune, Jacksonville, ride in a makeshift toboggan Wednesday. It was uncertain when highways would thaw, as temperatures were not expected to be above freezing for very long. JOHN ALTHOUSE/THE DAILY NEWS/THE ASSOCIATED PRESS

5 Freedom of beach. Who's up for volleyball ... or skiing?

Women take in the wintry mix at Wrightsville Beach, N.C., Wednesday. Southern hospitality was on offer during the storm, with people taking to social media to offer guest rooms, fire stations, churches and park gymnasiums to those needing a warm place to stay. MIKE SPENCER/THE STAR-NEWS/THE ASSOCIATED PRESS



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Will nine be lucky number for Target?

From the double ring to bull's-eye? Despite missing the mark in Canada, the U.S. retailer is still aiming for success, opening nine new stores

Target plans on opening nine more stores in Canada this year.

The U.S.-based retailer said Wednesday it will open two locations in Mississauga, Ont., and one store each in Toronto, Ottawa and Barrie, Ont.

Stores will also be added in Edmonton, Victoria, Winnipeg and Candiac, Que.

Five of the locations will be in former Zellers locations, while the others will be newly constructed stores.

By the end of the year, Target said it will have a total of 133 locations in Canada.

The retailer has faced high expansion costs and



A worker installs an outdoor sign at a Target store in Nova Scotia last year. Nine more Target stores are set for Canada this year. ANDREW VAUGHAN/THE CANADIAN PRESS

disappointing sales since its highly anticipated arrival in Canada last year as shoppers complained about near-empty shelves and notably higher prices than at U.S. Target stores.

Last week, the retailer said it would offer some of its Canadian customers a year of free

credit monitoring after a massive security breach at its U.S. stores put confidential details into the hands of thieves.

Target emailed customers saying it believed their information may have been taken if they visited U.S. Target stores between Nov. 27 and Dec. 15.

THE CANADIAN PRESS



Use your phone ... to track your phone addiction

This screenshot from Mental, an app created at the University of Bonn in Germany, shows smartphone-usage figures. Psychologist Christian Montag, who worked on the project, hopes that by measuring how much time people spend on their smartphones the app will help researchers identify and deal with addiction. "This is a live discussion and this will provide data. We are seeking patterns in areas such as tolerance development and withdrawal," he says. CONTRIBUTED/METRO WORLD NEWS

Struggling retailer

Sears cuts more staff as part of turnaround plan

Sears Canada Inc. has announced a round of layoffs for the second time this month, eliminating 624 workers. The struggling company said Wednesday the cuts will help improve communication and encourage more consistency within its operations.

THE CANADIAN PRESS

Market Minute

DOLLAR
89.46¢ (-0.18¢)

TSX
13,643.22 (-44.44)

OIL
\$97.36 US (-\$0.05)

GOLD
\$1,262.20 US (+\$11.40)

Natural gas: \$5.46 US (+\$0.57)
Dow Jones: 15,738.79 (-189.77)

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CBC

A BRIEF HISTORY OF TOUCHDOWNS

It's time for the Super Bowl, the most-watched sporting event in North America and the only reason school children still learn Roman numerals.

Super Bowl XLVIII (or 18 1/2) is coming up this Sunday and it promises to be an exciting match.

The Denver Broncos have a 15-3 record and the league's top offence, but the Seattle Seahawks have a 15-3 record and the league's top defence, so both teams will likely stay in a zero-zero deadlock for hours, parrying every move with a perfectly mirrored countermove just like when superheroes fight their doppelgängers in movies.

We know all about the Big Game, but have you ever wondered how it got this way? No? Then don't read this History of the Super Bowl.

1966: PepsiCo and Kraft Foods create the Super Bowl as a way to sell more food and drink during the slow winter months. Advertisers create an elaborate backstory detailing the "history of American football" that, amusingly, many still believe.



HE SAYS
John Mazerolle

metronews.ca

1967: Super Bowl I is held in front of 4,000 screaming fans. Back then the ball weighed 25 pounds, helmets were made of papier-mâché, and no touching was allowed.

1968: Vince Lombardi coaches and wins his last big championship in Super Bowl II, just moments before he is killed in a tragic Gatorade-dumping accident.

1971: Quarterback Joe Namath is given official status as the Default Football Answer for Trivial Pursuit Players Who Know Nothing About Football, a title he will not relinquish until the rise of Joe Montana.

1972: The Miami Dolphins have a perfect season, making them the only 53 people alive with the right to cast the first stone.

1976: Half-time act University of Arizona Marching Band has a mass wardrobe malfunction, with nipples visible all over the place. The fiasco happens in the days before DVR, however, so viewers just say, "Did you see that?" and leave it there.

1986: William "The Refrigerator" Perry becomes the heaviest man to ever score a Super Bowl touchdown. His feat is less surprising

when one realizes his background as a member of a daring, highly trained special-missions force whose purpose was to defend human freedom against Cobra, a ruthless, terrorist organization determined to rule the world.

1987: After a strike-shortened series, the Washington Redskins win the Super Bowl when running back John Riggins is the last man standing in an 858-man Royal Rumble.

1991: Reflecting musical trends of the day, frequent half-time performer Up With People is replaced for the first time by Down With Everything.

2008: The New England Patriots lose their first game of the season in the Super Bowl, sending a deluge of "Perfect Season" T-shirts to small villages in South America.

2013: For legal reasons, the half-time show is a lecture by U.S. Surgeon General Boris Lushniak on the dangers of traumatic brain injury.

What might happen this year? Who knows? But one thing is for certain: It's one of the best times of the year to "work" in journalism because between the game, the half-time show, the parties and the commercials, it's the one date when four non-stories (four!) fill the news cycle simultaneously. Touchdown!

ZOOM

Up Helly Aa! Fire in the Shetlands



ALL IMAGES: JEFF J MITCHELL/GETTY IMAGES



The Guizer Jarl, the leader of the squad of hairy, hardy Viking "guizers," walks along the town streets.

Don'tcha wanna know why they keep starting fires?

Thousands of latter-day Viking warriors have descended on Scotland's Shetland Islands to celebrate Up Helly Aa, the largest fire festival in Europe.

Held on the last Tuesday of January, the fiery event sees a replica Viking longboat being hauled through the streets of Lerwick to the edge of town



The origins of the event come from the early 1800s, when, following the Napoleonic Wars, Lerwick was the home of many returning soldiers and sailors, who were keen on burning things to celebrate.

where up to 1,000 paraders (known as the Jarl Squad)

throw their flaming torches into the galley. METRO

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Though there's no shortage of music players or streaming services online, there's still just nothing that rivals

the selection of good ol' YouTube. But if annoying ads, senseless playlists and clunky searching keeps you from tuning into YouTube's mega library, Chrome has come to the rescue. Still in beta, Streamus is a new extension that lets users stream from YouTube without ever having to actually go to YouTube.com. Here's how it works:

Streamus

1: Once you've downloaded Streamus from the Chrome Web Store, type Streamus, then TAB, into Chrome's search bar followed by the song you want to hear.

2: Click the Sicon on the right of your

browser to add songs and create playlists (don't need a Google/YouTube account!).

3: Once you've heard all your jams, enable the radio by clicking the Wi-Fi-looking icon at the bottom of the playlist.

Twitter

A petition to deport



@justinbieber

from the U.S. gets more than 100,000 signatures, which means the White House has to formally respond. What should they do?

@55EYFD: Caveat Emptor America! He's your problem now.

@SCCASMOM how about they worry about the shootings at schools and work on their firearms law instead of focusing on a

spoiled rich kid?

@WillyRBeek they can do whatever they want, just so long as they don't send him back here!

@AEphotoWPG The US doesn't want him, Canada doesn't want him back. Somalia, perhaps? Beirut?

@justDarylD We'll take him back if they take Rob Ford

@Kossovian Sure! It would make all the Canadian Beliebers happy. Think of the income tax added to our government's coffers! #JustinBieber

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



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SCENE 2

Cuddy emphasizes audience power

Blue Rodeo. Beloved long-running country rock act hoping to please the crowd on their return to Halifax on Friday



**BACKSTAGE
PASS**

Jenna Conter
halifax@metronews.ca

Geography in the music scene is a wonderful thing and though we here in Halifax boast our “most bars per capita” title whenever compared to larger cities, its achievement can be taken down a peg as they are all in the same four-block radius.

To some visitors, these tight quarters may seem limiting. However, from this shared nook, we continue to cultivate a music hub that supports a live music scene with loyal audiences.

According to Blue Rodeo’s Jim Cuddy, it all starts with an audience.

“The greatest thing you can have is an audience. It’s our greatest asset and they have been extremely loyal,” he said about the band’s fans from Halifax in a recent interview. “We honour their loyalty by constantly coming into their backyards and playing for them.”

Practicing what he preaches since the band’s creation in 1984, Blue Rodeo is coming to our backyard Friday night at the Halifax Metro Centre.

Gathering an audience for the first decade may have been easy, but maintaining the title of one of the most successful contemporary

Quoted

“Halifax has a great start — people want to see bands so then they need to go out and play for them. That’s the first step.”

John Cuddy



Blue Rodeo have 12 studio albums under their belt and will be in Halifax on Friday night. DUSTIN RABIN

bands comes with a heavy burden. Even with 12 full-length studio albums, a space in the Canadian Music Hall of Fame and awards up the ying-yang, resting on their laurels, as comfortable as it may seem, is never an option.

“We try not to repeat ourselves and just keep making music as sophisticated and creative as we can,” he said.

Their latest album, *In Our Nature*, according to Cuddy, gives weight to the band’s

attention to creating in the now. “It seemed like a reflection of who we are individually and collectively today. Bands are guided by instinct, not intellect—sonically, there are things that touch your ear and emotionally it’s the stories from your life you live and those around us.”

Where once were stories of young men coming into their own, now are the stories of lives filled with an emotional undercurrent of infinite in-

terests. Cuddy confesses he never thought he’d be writing about “mortality and household stories—having marriages fail—but that is what surrounds me has an effect on me and that’s the kind of things that end up being written about.”

Complexity in music and message often mirrors the same in life but it’s this level of disclosure that has allowed Blue Rodeo to remain Kings of Canadian country rock.

Off to the show?

- **What.** Blue Rodeo
- **Where.** Halifax Metro Centre
- **When.** Friday, 8 p.m.
- **Tickets.** Go to ticketatlantic.com



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When things go south, move up to Canada

Mother Up!

Eva Longoria is loving her new animated series, claiming the animation gives the stories 'more of an edge'

Eva Longoria says she's hoping to inject a little female energy into the world of animated television.

The former *Desperate Housewives* star says it's one of the reasons she's now doing the animated series *Mother Up!*, airing Thursdays on City.

"I've never done a full animated series before. I've done some voice-over work and I thought, 'Oh my God, this would be so much fun to do,'" Longoria said last spring during a stop in Toronto to promote the largely Canadian-made comedy.

"They approached me with

the idea of having a female-oriented show, which is non-existent in animation.

You know, you have the *Family Guy*, you have *American Dad*, you have *The Simpsons*, and so there was like a void of female energy within the space."

In *Mother Up!*, Longoria provides the voice of lead character Rudi, a high-powered Manhattan music executive who is forced to leave her job when a public relations scandal erupts.

She decides to flee to Wiltondale, Canada until the heat dies down, and dedicates herself to becoming a full-time suburban mom to her two kids.

Needless to say, the transition is not smooth. Although the hard-drinking, foul-mouthed Rudi is a shark when it comes to juggling needy celebrities and aggressive media reporters, she's a disaster among little ones.

"She thinks her business skills should transfer over to the

parenting skills and she doesn't know why it's not working. She really isn't cut from the mom cloth," said Longoria, who also serves as an executive producer.

The cast includes Jesse Camacho of *Less Than Kind* and Rebecca Husain as Rudi's children Dick and Apple, while Gabrielle Miller of *Corner Gas* and Clé Bennett of *Flashpoint* provide the voices of Rudi's pals.

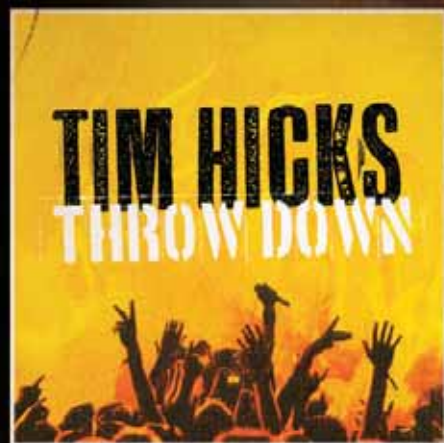
The show was developed by Rogers Media and co-produced by Canadian companies Breakthrough Entertainment and Bardel Entertainment, in association with U.S.-based Mass Animation.

The series is available in the United States through the digital streaming service Hulu.

Longoria said working in animation allows for stories with "more of an edge."

"You can do more in animation than you can in live action," said the petite brunette.

THE CANADIAN PRESS



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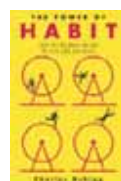
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1. THE INVENTION OF WINGS Sue Monk Kidd

A magnificent novel about two unforgettable American women. Sue Monk Kidd presents a masterpiece of hope, daring, the quest for freedom, and the desire to have a voice in the world. Weeks on List: 4



2. THE POWER OF HABIT Charles Duhigg

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist, and how this new science can transform our lives. Weeks on List: 4

This Week

Weeks on List

- | | |
|---|---|
| 3. MY JOURNEY Olivia Chow | 2 |
| 4. THE DEMONOLOGIST Andrew Pyper | 3 |
| 5. LIFE AFTER LIFE Kate Atkinson | 4 |
| 6. COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary | 4 |
| 7. JOYOUS HEALTH Joy McCarthy | 3 |
| 8. THE DEAD IN THEIR VAULTED ARCHES Alan Bradley | 3 |
| 9. ALL IN Arlene Dickinson | 4 |
| 10. DUTY Robert M. Gates | 2 |
| 11. STOP OVERTHINKING YOUR MONEY Preet Banerjee | 4 |
| 12. THE POUND A DAY DIET Rocco Dispirito | 4 |
| 13. FIRST LOVE James Patterson | 3 |
| 14. THE START HERE DIET Tosca Reno | 4 |
| 15. HAZARDOUS DUTY W.E.B. Griffin | 4 |
| 16. DARK WOLF Christine Feehan | 4 |
| 17. THE CONFIDENT MOM Joyce Meyer | 2 |
| ★ 18. DARK BITES Sherrilyn Kenyon | 1 |
| ★ 19. DEADLINE Sandra Brown | 1 |
| ★ 20. ALL JOY AND NO FUN Jennifer Senior | 1 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending February 3rd

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Madonna ALL PHOTOS GETTY IMAGES

Make way, yet again, for Madonna

Madonna's not done with her recent string of public appearances — she also has signed on to introduce members of Pussy Riot at Amnesty International's human rights concert in New York. The pop singer made the announcement Wednesday morning on social media. She's been busy of late, appearing on Sunday's Grammy Awards with Macklemore &

Ryan Lewis and singing with Miley Cyrus during an MTV Unplugged taping Tuesday. Madonna says in a statement that she admires Maria Alyokhina and Nadezhda Tolokonnikova. They were recently released after nearly two years in jail following a conviction for hooliganism when they staged a protest in a Russian church.

THE ASSOCIATED PRESS

The curious ask George

George Clooney indulged fans in a raucous Reddit AMA ("ask me anything") session, and some of his answers were quite revealing — if not entirely serious — especially when it came to good pal Sandra Bullock, who is "an incredibly charming woman who's really just fun to hang out with. Very smart and centered, even though she does drink a lot," he wrote. "It's tricky because Sandy drinks so much that oftentimes it's just hard to keep her upright." Also worth clearing up? The idea that



George Clooney

Clooney has "lonely eyes," which he disputes — sort of. "I actually have only one lonely eye. The other eye's got nothing but friends," he replied.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Grant, in the case of many babies, Hugh are the father!

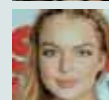
Hugh Grant is creating quite the army of heirs. It's already been reported that the Love Actually star fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child

in 2012 by another woman, according to the Sun. Grant's identity as the father of Swedish TV producer Anna Eberstein's child was kept secret until December, when the one-year-old boy's birth certificate was re-registered with Grant's name on it. "Anna is being supported by Hugh all the way," a source says. "She lives in a very comfortable property and knows that Hugh is there for her. Anna's parents in Sweden know all about the relationship and she has their blessing."

Twitter



@ricky_martin
My friend, it's all about learning, it's all about growing. Don't stop.



@lindsaylohan
snow adventures!



@Mruff221
My 8 Yr old's response to Presidents plan:fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."

Grab the no-name tea and crumpets this time



Queen Elizabeth II

It looks like Buckingham Palace is facing a financial crisis of its own. According to a report by the Commons Public Accounts Committee, Queen Elizabeth II and the rest of the royal family are "spending above their means and dipping into the

reserves. The balance now stands at an all-time low." So naturally some cost-cutting measures are being considered. "The Queen is always looking for ways to cut back," CNN's Victoria Arbiter says. "I think they are going to have to look at ways they can get creative in that way, whether that is opening up more palaces or more private rooms or more areas that have not been open to the public before."

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Stock style is on the rise



As the star of *The Wolf of Wall Street*, Leo gave us a look into the rich man's closet. CONTRIBUTED

Man à la mode. In homage to infamous banker Jordan Belfort, we've put together the '90s cut. It's time to take a gamble in the broker's best.

RICHARD PECKETT
Metro World News



Alden

leather penny loafers, \$829, browns-fashion.com



Ben Sherman

paisley tie, \$70, bensherman.com

Paul Smith London

Kensington slim-fit pin-stripe suit, \$1,690, mrporter.com



Nixon

The Spur, \$300, nixon.com

Trends Report

Valentine's 2015 is going to be a special day for many of you — that's the release date for the *Fifty Shades of Grey* movie! Even if you're not a fan of the erotic novels, grey-toned fashion and accessories are expected to be a huge trend this spring. Go online to Trends Report and see how you can look sexy in many shades of grey.



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Canadian street style

Spotted in: Vancouver

Name: Anna Kosturova

Age: 45

Occupation: Clothing designer

What she's wearing: Scarf by Isabel Marant for H&M, coat from Aritzia, shoes and bag from All Saints, jeans from GAP, shirt from Joe

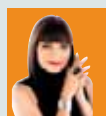


Fresh, sunglasses from H&M.

Her inspiration: "Classic with a twist of rock 'n' roll"

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JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Feet up+toes ready! Prepping for tomorrow's "shoe shoot" + getting excited about my cool new collection this spring.



Gonna miss my girl! My @Chanel Brick Bear is going off to @DesignExchange for #ThisIsNotAToy curated by @Pharrell

3 LIFE

Your very own Super Bowl rings



This recipe serves four to six. ROBIN SHARPE, FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS)

FLASH FOOD

From your pantry to your table in 30 minutes or less

"Compared to fries, when hand-dipped and made to order, onion rings are difficult for a restaurant to manage well," writes David Ort in *The Canadian Craft Beer Cookbook*. "I'll be honest that these aren't an everyday recipe for me, but if you're going to indulge, make sure you do it right."

"Surrounding hot slices of onion, the banana, orange and clove flavours in the witbier will brighten and con-

centrate. I use red onion for this recipe because I'm a bit of an oddball. Spanish onions are more traditional and are a good choice if you can't find a big enough (noticeably larger than your fist) red onion."

1. Lay out two cookie sheets and place a wire rack on each. This rig will work both for letting excess batter drip away and to cool the rings once they come out of the hot oil.

2. Set a Dutch oven over medium heat and fill with 2 inches (5 cm) of oil. Heat the oil to 375 F (190 C).

3. Pour the cold beer into a medium mixing bowl. Use

a fine-mesh strainer to sift the flours into the beer. Add baking powder and salt, and mix to combine, but be careful not to overmix. Put slices of onion in a resealable bag or lidded container with the 2 tablespoons (30 ml) of rice flour and shake to coat the onion lightly.

4. Use tongs or chopsticks to transfer onion pieces from flour to batter and then to the racks set over the cookie sheets, where excess batter can drop off.

5. Carefully transfer the battered rings to the hot oil and continue to monitor the oil's temperature. Work in batches that are small enough to not crowd the pan. Cook for 2 to 3 minutes a side or until rings are deep golden brown. Hold cooked rings on a clean wire rack while you fry subsequent batches. Season the rings with fine sea salt immediately after they come out of the hot oil.

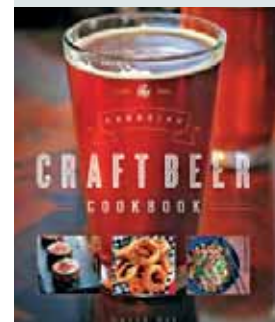
RECIPE EXCERPTED FROM *THE CANADIAN CRAFT BEER COOKBOOK* (WHITECAP BOOKS) BY DAVID ORT

Ingredients

- 5 cups (1.25 l) peanut or rice bran oil
- 1 cup (250 ml) witbier, cold
- 2 oz (60 g) all-purpose flour (about 1/2 cup/125 ml)
- 2 oz (60 g) rice flour (about 1/4 cup/80 ml) plus 2 tbsp (30 ml) for dusting rings
- 1/2 tsp (2.5 ml) baking powder
- 1/4 tsp (1 ml) fine sea salt
- 1 large red onion, cut into 3/4-inch (2 cm) slices

Cookbook of the Week

Cook and sip



Craft beer has soared in popularity and now David Ort offers an introduction to it and a broad range of recipes that use craft beer as an ingredient.

The *Canadian Craft Beer Cookbook* includes starters and snacks, noodle and rice dishes, seafood, meat and poultry; and even beer cocktails, sweets and desserts. Each recipe includes a recommendation for a specific Canadian craft beer as the beer ingredient.

Among the recipes are: Tabbouleh, Clam Chowder, Jerk Chicken, Brownies, and more. **METRO**

Simple kitchen renovations on the cheap

Home renos. Painting cupboards or updating light fixtures can make a big impact

Saying goodbye to an '80s kitchen can be as easy as applying a coat of paint, modernizing lighting and installing stone countertops.

Though kitchen renovations can often require a serious financial investment, painting

kitchen cabinets is a relatively inexpensive way to give the space a new look, says Lana Lounsbury, an interior designer in Victoria.

But she warns that homeowners should be aware of the kind of wood their cabinets are made of before they paint them, and what kind of paint they use. "You cannot paint oak — the grain is too deep — and when you put lacquer over it they look fake and gross because you can still see the grain," she says. "Homeowners

should also contemplate having them professionally sprayed in a booth to avoid having the marks of brushes and rollers seen in the end product."

Lounsbury says homeowners shouldn't cut costs on paint and are advised to use a high-quality, semi-gloss sheen after applying a primer. While quartz, stone and marble countertops can be a major investment in a kitchen, you can make an impact by installing a new countertop on a smaller space like an island.

Marina Hildebrand, an interior designer in Regina, says updating lighting fixtures can change the look of a kitchen. According to Hildebrand, homeowners are replacing the '90s trend of three small pendant fixtures with two, more dramatic lights. "Lighting is dramatic and pretty inexpensive considering the options out there right now," she says.

Lounsbury points out that a mix of ambient and task lighting is important in a kitchen.

THE CANADIAN PRESS



Outdated kitchens can be revitalized by introducing a bold backsplash or painting the cabinets. ISTOCK

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 A Great Big World ft Christina Aguilera Say Something

5 Katy Perry ft Juicy J Dark Horse

4 Lady Gaga Do What U Want

3 Beyoncé XO

2 Pitbull ft Ke\$ha Timber

1 Passenger Let her Go

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Tennis

Injury forces Canada's Raonic out of Japan tie

Milos Raonic has pulled out of Canada's David Cup World Group tie against Japan over a foot injury.

Raonic, who withdrew Thursday, will be replaced by Peter Polansky, who was in Tokyo as a reserve but now will be counted upon heavily.

Polansky will face a tough task in the opening singles match Friday against world No. 18 Kei Nishikori.

Nishikori will be looking to improve on his current four-match Davis Cup winning streak and an overall 10-2 singles record in the team tournament.

Frank Dancevic, a 29-year-old veteran of 19 Davis Cup ties, will face Go Soeda in Friday's other singles match at Ariake Colosseum.

THE ASSOCIATED PRESS

Another honour

Yzerman named to Order of Hockey in Canada

Steve Yzerman was named to the Order of Hockey in Canada on Wednesday along with former women's national team captain France St-Louis and legendary university coach Clare Drake.

The former Detroit Red Wings captain won three Stanley Cups and a gold medal as a player with Canada at the 2002 Olympics. He won another gold medal as the executive director at the 2010 Games in Vancouver.

THE CANADIAN PRESS

Gut-check road trip: Herd head to Quebec

QMJHL. With playoffs just around the corner, Mooseheads focused on maintaining surging momentum



ANDREW RANKIN

andrew.rankin@metronews.ca

The surging Halifax Mooseheads will know where they stand after their grinding Quebec road trip comes to a close on Saturday.

They're about to endure three games in as many days, first facing the fourth-place Quebec Remparts, who sit just one point behind the Herd in league standings, on Thursday. Then after Friday's matchup with the basement-dwelling Shawinigan Cataractes, the third-place Mooseheads will face off against the Blainville-Boisbriand Armada, who are just one point ahead of them at No. 2 in the standings.

"It's always a challenge to go three-for-three," said head coach Dominique Ducharme. "We're playing some good teams. It's going to be a good test for us. It's a good test to see where we are at in our preparation for the playoffs."

Obviously, it's an opportunity for the Mooseheads,



Mooseheads forward Philippe Gadoury could be ready for the Mooseheads three-game road trip. JEFF HARPER/METRO

who are riding a seven-game winning streak and are just four points out of first place, to gain important ground. But the challenge facing the Herd goes beyond results, at least for Ducharme.

"Sometimes the results can be influenced by many things,

but for me it's more about how we handle games, the way we play, our preparation, to make sure that we continue to do things that we are doing well but at the same time be focused on improving, especially during the last part of the season to get ready for the playoffs."

The team has yet to decide whether Philippe Gadoury will be ready for any of those three games. The Mooseheads top-line forward, who's registered five goals in eight games, was knocked out of

Saturday's home game against the Cape Breton Screaming Eagles with a concussion. His recovery, however, has gone smoothly.

When Saturday rolls around, the Mooseheads have just 15 games left in their schedule, eight of which are against teams currently with records below .500, before the post-season begins.

But none of this matters to Ducharme right now.

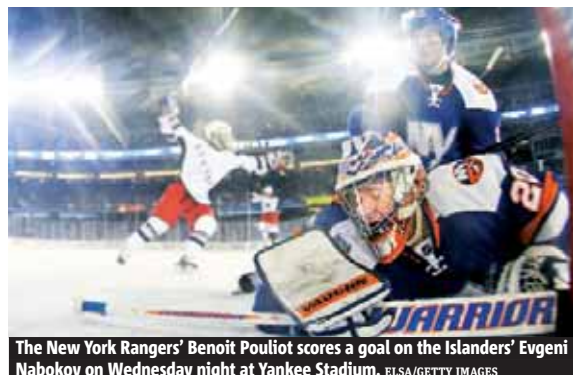
"We're focused each game. Right now we're happy but we're not satisfied."

Quoted

"These games are all about preparation for the playoffs."

Mooseheads head coach Dominique Ducharme

Rangers sweep two-game series in Bronx



The New York Rangers' Benoit Pouliot scores a goal on the Islanders' Evgeni Nabokov on Wednesday night at Yankee Stadium. ELSA/GETTY IMAGES

Daniel Carillo scored the tie-breaking goal 4:36 into the third period, and the New York Rangers completed a two-game sweep of the outdoor series with a 2-1 victory over the New York Islanders at frigid Yankee Stadium on Wednesday night.

Building off their 7-3 win over New Jersey at the ball park in the Bronx on Sunday, the Rangers took out another division rival under the lights in front of 50,027 fans. The temperature was -5 C when the first puck dropped at 7:45

Stadium series

2

Rangers

1

Islanders

p.m. ET with a single-digit wind-chill factor.

It got colder as the night went on.

Benoit Pouliot also scored for the Rangers, who are

3-0 in their history playing outside. Henrik Lundqvist stopped 30 shots while again adorning pinstriped pads in honour of the Yankees. The only goal he allowed was a late second-period tally to Brock Nelson that gave the Islanders a short-lived 1-0 lead.

The Rangers evened the season series with the Islanders 2-2. The teams will play for the final time this season on Friday at Madison Square Garden.

THE ASSOCIATED PRESS

4 SPORTS

This Super Bowl 'was meant for tough guys'

NFL. It's Denver's historic offence against Seattle's No. 1 defence with championship up for grabs on Sunday

That old maxim about defences winning championships has been spread on pretty heavily during Super Bowl week.

By the Broncos, of all teams. Yes, the very same AFC champions who tore up the league with a record 606 points, 55 touchdowns coming off Peyton Manning's arm, have been touting how strong their defence has become.

Measure it against Seattle's unit, which allowed a very miserly 231 points and ranked first against the pass and in overall D, and the Broncos would seem to be whistling a hollow tune.

But linebacker Danny Trevathan, a breakout player in his second NFL season, sees plenty of greatness in his defence, too.

"Oh yeah. You are supposed to have that attitude," Trevathan said. "On defence you're not supposed to let guys push you over. You are supposed to be the aggressor on defence and you are supposed to have that attitude. I think that is what makes playing defence so passionate to me."

"I think this game was meant for tough guys. You can't be soft out here."

No one is soft on either of these teams, of course. On the contrary, it's only the second time in 20 years that the top seed in each conference got this far.

It's also that classic matchup that so excites fans, media and, yes, players. The Seahawks can't wait for the chance to test themselves against Manning, seeking his second ring in an almost-certain Hall of Fame career.

"It's going to be a great

Notes from New Jersey

- **Not so cold.** As of Wednesday, no snow, or even rain, was being predicted by the National Weather Service for Sunday. The high is expected to be 3 C which would make it the coldest of the 48 Super Bowls so far.

- **What's in a name?** "I had to admit, it was pretty catchy," says Seahawks safety Kam Chancellor on the team's "Legion of Boom" nickname.

- **How's her arm look?** Peyton Manning visited brother Eli at his home in Hoboken, N.J., on Tuesday night, but the topic of conversation wasn't the upcoming Super Bowl. Peyton got to meet and hold his seven-month-old niece Lucy for the first time.

- **Lynch's day off.** Running back Marshawn Lynch got his usual Wednesday off as the Seattle Seahawks began their final series of practices for Sunday's Super Bowl.

- **In N.Y.C..** Laughter and shrieks echoed through Times Square as bundled-up football fans slid down a gleaming toboggan run, the centrepiece of an outdoor street fair that has invaded the city's busiest thoroughfare, for now known as Super Bowl Boulevard.

challenge," middle linebacker Bobby Wagner said. "They're talented all across the board. They protect Peyton well and they run the ball well. He's definitely passed the ball well. It's up to us to do our jobs and make sure that we come ready to play." **THE ASSOCIATED PRESS**



Seahawks star cornerback Richard Sherman speaks to reporters on Wednesday in Jersey City, N.J. JEFF ZELAVANSKY/GETTY IMAGES



The Broncos work out on Wednesday in East Rutherford N.J. MARK HUMPHREY/THE ASSOCIATED PRESS

Slalom. Water? Snow? Mielzynski can ski on it

Canada's Erin Mielzynski loves being on skis — either on water or the slopes.

She's in her seventh year on the national alpine team but part of her foundation in the sport was built during her younger days when she'd water-ski on the lake at her family cottage.

"That's what we did five times a day, every day of the summer," the Guelph, Ont., native said. "That's what I loved doing. I was more trained as a water-skier."

It was on the water where Mielzynski developed the "twitch muscles" that have served her so well on snow. She would often focus on trick skiing and try to squeeze in as many moves as possible in a 20-second run.

That training helped her when she made the full-time transition to skiing on snow.

"Slalom is a very fast twitch, you do more than a gate a second and that's I think why I started to excel," she said in a recent interview. "I can find the rhythm of a course and create the power that's needed in that quick second."

Mielzynski skied the slopes of Georgian Peaks as a youngster, not far from her current hometown of Collingwood, Ont. She tried all the alpine disciplines in her formative years but really excelled at slalom.

"People noticed more talent there I think, more natural talent," she said. "So that's what I focused on. Now I'll

Zig-zagging to the podium

Erin Mielzynski had a breakout 2011-12 season. She won gold in Osterschwang, Germany, to become the first Canadian since Betsy Clifford in 1971 to win a World Cup women's slalom race.

- She followed that up the following season with a World Cup bronze in Zagreb, Croatia.

bridge back out to what I was doing before too. I'll use what I've learned in my slalom to get better in the other events. That's how I made the team and so we stuck with that for a few years."

Mielzynski, now 23, water-skied at an elite level as a teenager. She competed in the junior world championships in 2006 and won silver in the jump competition.

Two years later, she got word that she had made the national alpine ski team.

"So I made the switch over and I gave (water-skiing) up cold turkey."

Mielzynski made her World Cup debut in the 2009-10 season and made the Olympic roster for the Vancouver Games. She feels the experience that came along with her 20th-place result will serve her well in Sochi.

THE CANADIAN PRESS



Erin Mielzynski GETTY IMAGES FILE

Olympic team

Bigger hopefully better for Canada

Canada will send 221 athletes to the Sochi Olympics, its largest ever team for a Winter Games.

The Canadian Olympic Committee officially announced its full team

Wednesday.

Canada's goal is to win more medals than any other country in Sochi. Canada's team of 202 athletes finished third four years ago in Vancouver with 26 medals, 14 gold.

There are 36 more medals on the table in Sochi due to new events.

The team is comprised

of six siskross athletes, 27 speedskaters, 10 curlers, 16 bobsledders, eight lugers, four skeleton athletes, 21 women hockey players, eight biathletes, 24 snowboarders, 25 male hockey players, 15 alpine skiers, 17 figure skaters, 13 cross-country skiers, 20 freestyle skiers and seven ski jumpers.

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Horoscopes

Aries

March 21 - April 20

This will be an enjoyable day and it will be more enjoyable still if you don't waste time worrying what others might think about what you are doing — or who you're doing it with!

Taurus

April 21 - May 21

If you need to ask a favour of someone in a position of authority, now is the time. Cosmic activity in the career area of your chart makes it easy for you to approach employers.

Gemini

May 22 - June 21

If others want to take control and decide what you are going to do together, you should let them. Today's new moon means you can afford to sit back and let partners make the difficult decisions.

Cancer

June 22 - July 23

Try to take things easy today because if you tire yourself out, physically or intellectually, it may take a while to recover. You don't need to be as intense as you usually are. Everything will turn out for the best no matter what you do.

Leo

July 24 - Aug. 23

Whatever goals you set over the next few days, you will reach them with ease. But don't spend all your time and energy on work: This is potentially one of the best days of the year for affairs of the heart.

Virgo

Aug. 24 - Sept. 23

Something you've worried about for weeks will resolve itself in your favour thanks to the new moon. There is a lesson: Nothing is ever worth getting too worked up about.

Libra

Sept. 24 - Oct. 23

You can sense that something marvelous is going to happen over the next 24 hours but you don't know what it is. Whatever it is, make the most of it.

Scorpio

Oct. 24 - Nov. 22

No matter how badly someone may have let you down, forgive them. There is no point holding a grudge, not when there are so many wonderful things going on in the world.

Sagittarius

Nov. 23 - Dec. 21

You should be feeling more relaxed about life now and today's new moon will put you in the mood to go out and have fun with your friends. Partnerships and relationships will make you happier than you ever thought possible.

Capricorn

Dec. 22 - Jan. 20

Lady Luck will smile on you today. Good things will come your way without you having to do very much at all to attract them. Having said that, don't give away any personal information and don't try too hard. Just let it happen.

Aquarius

Jan. 21 - Feb. 19

Today's new moon in your sign makes this the perfect time to start something you always wanted to do but never had the courage. Now you do — so get on and make it a success.

Pisces

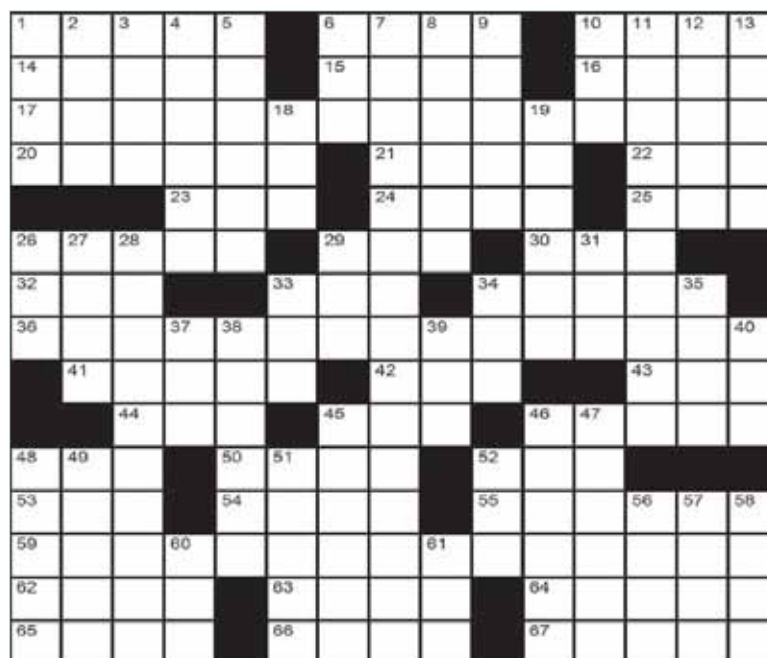
Feb. 20 - March 20

Why do you let doubts hold you back? You've got to be more ambitious and more adventurous. This could be the day when your life changes for the better — but only you can make it happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Ranching rope
6. "Cat on ___ Tin Roof" (1958)
10. From square one
14. Angered
15. Michael of "Juno" (2007)
16. Way
17. The Purcells, for one: acr. + wd. + wd.
20. Postpone
21. Pick a politician
22. Nourished
23. 'Trick' suffix
24. Cosmology's original matter
25. Some badges, e.g.
26. No longer 'in'
29. Montreal Mrs.
30. Company name abbr.
32. Dadaist Jean
33. Defence contractor, with Systems
34. Bug varieties
36. Woodlands worry: 2 wds.
41. Stan's comedy partner, cute-style
42. Help
43. Poetic contraction
44. Test tube's li'l locale
45. Ctrl, Shift, ___
46. Baseball Hall of Famer Mr. Sandberg's
48. Wane
50. Cutting remark
52. Racecar driver Mr. Fabi
53. Bovine's bellow



54. Sea wolf
55. NYC's infamous club, ___ 54
59. Canadian ice dancing legends/Olympians: 3 wds.
62. Eugene O'Neill play, ___ Christie
63. "The King ___" (1956)
64. Lucille Ball's co-star Desi

65. Many lipstick hues
66. Vocally vex
67. Like an annoying fly

Down

1. Ad-___ (Improvise)
2. Curve
3. Equivalent
4. Shoulder scarves
5. Hors d'___
6. Perform

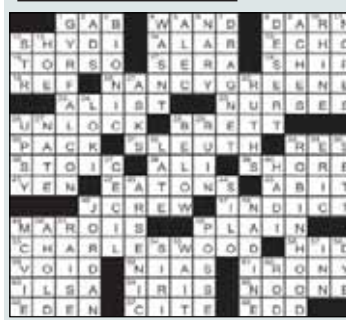
7. Anvil and Helix, for example: 3 wds.
8. Baltimore baseball player
9. Aunt, in Montreal
10. Simon & Garfunkel's "I ___ Rock"
11. Book genre
12. Created by U2's guitarist?
13. Unwanted plants
18. Napoleonic Wars

- marshal
19. Doing that sleep state thing, say
26. ___-Man
27. Folkie Mr. Guthrie
28. 1945 Ingrid Bergman/Gregory Peck thriller
29. Egyptian ___ (Cat breed)
31. Bug
33. Pre-A.D. time

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- alternative
34. "Oh, ___!" (1977)
35. Snick-or-___
37. ___ carte
38. Gift box decoration
39. English ___
40. Li'l weight units
45. Secrets to some
46. Capture all over again
47. Lionel Richie song that starts "Baby you'll find / There's only one love...": 2 wds.
48. Put into a cell
49. American frontiersman Daniel (b.1734 - d.1820)
51. Backward on the boat
52. "How naughty!"
56. Mr. Aykroyd's
57. "Take ___ face value."
58. Sharon's rocker hubby
60. Univ. dorm supervisors
61. Dunk

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	3	2	9	6	4	5	1	7
7	4	5	1	2	3	9	8	
1	9	5	3	7	8	4	6	2
5	7	3	8	4	6	1	2	9
9	6	8	2	5	1	7	3	4
2	1	4	7	9	3	6	8	5
3	5	7	6	8	9	2	4	1
6	8	1	4	2	5	9	7	3
4	2	9	1	3	7	8	5	6

		9	2			6		
8	3			4	6			
5			3				1	
4				7				9
						8		
9				6				3
	5				7			1
			6	8			7	5
		4			9	2		

Today



-7°/-8°
Mainly sunny

Friday



1°/-6°
Variable

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